

## Children's Work

Wellington Airport



Museum of Wellington City and Sea



Hamilton Airport

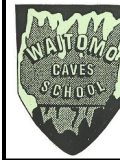


Matiu/Somes Island

## What's Coming Up At Waitomo Caves School

15 March	Community Assembly 1.30pm
21 March	Year 8 College Experience Day
23 March	Waitomo Sports Day fundraiser
26 March	Board meeting, 5.00pm
28 March	Community Assembly
29 – 2 April	Easter Break
19 April	End of Term 1
22 April	Teachers Only Day

Mrs Tamae Dimond  
Principal ☺



# Newsletter

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Waitomo Caves

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Whaia te ara totika – Make the Right Choice

Term One 2013

Week Five – 8 March

Dear Parents, Caregiver, Whanau and Friends of the School

Tena Koutou Katoa

Welcome to school Kate Murchie. Kate started school last week and joins the Kowhai class children.

### City Excursions

We have all had a very exciting week with city camp experiences. Year 1 to 4 participated in city activities in Hamilton with a sleep over at school while 22 Year 5 to 8 students flew to Wellington for four days and three nights. We visited the Museum of Wellington City and Sea, Cable Car, Carter Observatory, Te Papa, Matiu/Somes Island and Parliament. We enjoyed our Northern Explorer train ride home on Friday and we look forward to sharing our learning experiences and adventures with the community at our assembly on Friday 15 March at 1.30pm.

### Touch Tournament

Students have shown an interest in competing in a six week touch tournament in Te Kuiti starting this week. There are three teams from Year 1's to Year 8's. Games are held at Te Kuiti High School from 3.45pm onwards. Training sessions will be on Friday's afterschool until approx. 4.15pm. Touch uniforms were distributed to players yesterday. Please ensure children only wear these shorts and tops when playing match

TOURISM HOLDINGS LIMITEE



**WAITOMO  
GLOW WORM  
CAVES**  
NEW ZEALAND



• Private Bag 501, Otorohanga.

• Telephone (07) 878-8227 • Facsimile (07) 878 8858

Proudly Supporting Waitomo Caves School

games on Thursday's afterschool. They will not last long if they are worn as everyday clothes. Parents are also reminded not to iron or place them in the clothes dryer as this ruins the print. Several tops were reprinted over the summer as they had been damaged from mistreatment.

### Small Schools Swimming Event

Well done to the Year 3's and Year 4's for competing in the small schools swimming event while the seniors were at camp. These children stepped up and did their upmost to swim, enjoy themselves and get a taste of the big pool. Well done Alex, Lilly, Tame, Siân and Max for getting 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings in their races.

### COP's Swimming Sports

Congratulations to all the children who competed in the COP's swimming sports in Otorohanga on Wednesday. Everyone swam very well and the following children were placed in their heats.



Max – 8yr boys, 2<sup>nd</sup> 1 length breaststroke

Tame – 8yr boys, 2<sup>nd</sup> 1 length backstroke

Te Rito – 8yr girls, 2<sup>nd</sup> 1 length freestyle, 2<sup>nd</sup> 1 length backstroke

Arahia – 10yr girls, 1<sup>st</sup> 1 length freestyle

Blaze – 11yr boys, 3<sup>rd</sup> 1 length backstroke

Te Hurinui – 11yr boys, 3<sup>rd</sup> 2 lengths breaststroke

Peta – 11yr boys, 1<sup>st</sup> 1 length breaststroke, 2<sup>nd</sup> 2 lengths breaststroke

Tiana – 11yr girls, 2<sup>nd</sup> 1 length freestyle, 2<sup>nd</sup> 1 length breaststroke, 1<sup>st</sup> 1 length backstroke

Jaide – 12yr boys, 1<sup>st</sup> 1 length backstroke

Angel – 12yr girls, 3<sup>rd</sup> 1 length freestyle, 3<sup>rd</sup> 2 lengths freestyle

Individual times were recorded. Many of our swimmers received fourth places however these along with the placings above did not get them placed in the top three spots overall. Well done Keely, Sian, Arleyah, Kyah, John, Portia, Jessie and Alyssa for your efforts too.

Thank you Gaye and Mitch for being timekeepers and others for providing transport and support.

The Waitomo Interschool Swimming event is held today. Results will be published in the next newsletter as children will still be swimming when this goes to print.

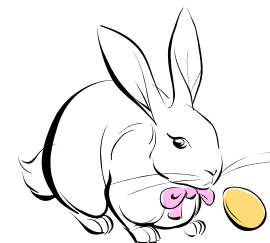


### Books Change Lives

March is NZ Book Month and the National Library Service and other sponsors are supporting this by providing free books vouchers for students. Please read the details on the back of this gift to redeem your voucher.

### Waitomo Caves Sports Day – Canteen and Easter Raffle

We would appreciate any donations of chocolates, Easter eggs or goodies for the Easter raffle. These can be handed in at school as soon as possible. Also, baking for the cake stall would be much appreciated and can be either dropped off at school on Friday 22 March, taken to the pavilion on the morning of Saturday 23 March or arrangements made with school 878 7534.



### Year 8 Otorohanga College Experience Day

The first open day visit for College will be on Thursday 21 March for Year 8 students and their parents. All Year 8's will be encouraged to attend. The Powhiri will begin at 9.30am, please assemble at the bus shelter in front of the school. The formal handover visit for those who intend enrolling at College will be in Term 4 on the Thursday 21 November where the students, parents and staff will attend.

### Dentist Visit

On Thursday 14 March the mobile dental nurses will be visiting our school to put fluoride on our children's teeth. Consent forms are included with this newsletter and those parents who sign and return the form will have their child/children's teeth seen to.

## Community News

### ENERGY DRINKS

Energy drinks not only contain a large amount of sugar but they also contain caffeine which can dangerously raise your heart rate. Energy drinks are not recommended for children because of this.

1 x 250ml can (V)  
= 7 tsp sugar  
1 x 500ml can (Mother)  
= 13 tsp sugar



### SPORTS DRINKS

Sports drinks were originally designed for elite endurance athletes. Children need to run for about 2 hours to burn off all the sugar in a sports drink so when participating in sport or any activity the best drink is water.

1 bottle sports drink  
(Powerade) = 14 tsp sugar

